

Tropical Times

Serving the Footprint of Freedom



Volume 16, Number 25

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

June 23, 2006



A Message from the Commanding Officer

Team Diego,

Today marks the end of my first week as Commanding Officer of NSF. As I said at the Change of Command ceremony... I am and remain today impressed with everything I've seen and with everyone I've met. Because the quality of the people here on the island from the most senior officers to the newest Sailors in Navy; from our British hosts to the civilian mariners and BOS employees is so high I am confident the future will hold continued mission success and improvements for everyone on Diego Garcia.

In the meetings I have already held and attended I'm discovering that 'One Island, One Team, One Mission – Isang Pulo, Isang Samahan, Isang Layunin' is not an empty phrase. Everyone is working together to make things happen here, both at work and during off-duty events. This point was not lost on Admiral Kelly either. He was, and is, proud to call you part of his Forward Deployed Naval Forces. He said so quite a few times while he was on-island last week with his team from Japan.



We must build on the success you have enjoyed here. A good first step in that effort is to get a good understanding of each Sailor's views on their professional and personal situation here on Diego Garcia. In the near future each of you will receive an Assessment Survey. It will address a variety of on and off-duty issues that probably affect you on a daily basis. Much like the current Naval Media Center DG TV-Radio Survey, your collective input can directly enhance your quality of life as a member of our DG Team. In addition to this survey I would like to hear from you directly at Monday's E6 and below All Hands Call (June 26) at 8 a.m. in the Island Room. We will use this forum to share some of my initial ideas and thoughts directly with you. I will ask you to share some of yours ideas with me so please start thinking now concerning any questions you may have for me: If I don't have the answer on hand, I will get it for you very quickly.

Once again, I have thoroughly enjoyed my first week as your CO and I look forward to the coming year!

Sincerely and very respectfully Captain Dougherty

Tropical Times

United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory

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Submissions are due to the editor by end of day every Wednesday. Inputs may be submitted via guard mail, in person, or e-mail at joyc@dg.navy.mil. All submissions are subject to editing for length, content and to conform to Associated Press and local style guidelines. Submission of information does not guarantee it will be published.

INFORMATION HIGHWAY

INDOC

Due to all hands call with the Commanding Officer on Monday at 8 a.m., we will shift Command Indoc start time back to 9 a.m.. Thank you for your support.

Interactive Customer Evaluation

ICE allows DoD customers to rate products and services provided by DoD offices and facilities worldwide. Log on at <http://ice.disa.mil> or click on the ICE link located on the NSF DG internet Homepage.

President Signs New Tax Legislation for Military Personnel

President Bush signed the Heroes Earned Retirement Opportunities (HERO) Act, which amends the Internal Revenue Code to allow service members to still exclude their military compensation from federal income tax, but also contribute to an Individual Retirement Account (IRA) while serving in a combat zone tax exclusion area.

Military compensation earned by members of the armed forces while serving in combat zone areas is excluded from federal income tax. Enlisted members and warrant officers exclude all such military compensation. Commissioned officers exclude up to the maximum enlisted pay plus imminent danger pay for the months they serve in a combat zone tax

exclusion area.

The HERO Act is retroactive to tax year 2004. Therefore, members who did not make an IRA contribution during 2004 or 2005, because they were not eligible due to combat zone tax exclusion, have until May 28, 2009 (three years from the date of enactment) to make a contribution to an IRA for those years.



Energy Conservation Note

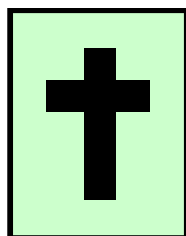
“If 300,000 Navy personnel turned off their office lights during the lunch hour (4 fluorescent tubes off per person for 250 hours/year), the Navy could save each year \$1.2 million and reduce emissions by 51,600,000 pounds of nitrogen dioxide, 124,800,000 pounds of sulfur dioxide, and 13,656,000,000 pounds of carbon dioxide.”(For more information contact EN1(SW) Campano, the Energy Conservation Coordinator at 370-4525.)

GALLEY MENU *June 17 - 23*

Saturday		Wednesday	
<u>Lunch</u>	<u>Dinner</u>	<u>Lunch</u>	<u>Dinner</u>
New England Clam Chowder Soup Pasta Bar Turkey Nuggets / Chicken Gravy	Cream of Broccoli Soup Tamale Pie Chicken Pot Pie w/Biscuits	Beef Rice Soup St. Louis Style BBQ Pork Ribs Baked Turkey & Noodles	“FILIPINO NIGHT” Chicken Macaroni Soup Beef Apritada Philippine Pancit
Sunday		Thursday	
<i>“Brunch”</i> Knickerbocker Soup Corn Dog BBQ Beef on Bun	Creole Soup Tempura Fish / Tartar Sauce Stuffed Cabbage Rolls	Corn Chowder Beef Stroganoff Blackened Fish / Tartar Sauce	Corn Chowder Soup Honey-Ginger Chicken Breast Swiss Steak w/ Mushroom Gravy
Monday		Friday	
Chicken Rice Soup Vegetable Lasagna Baked Hot Italian Sausage	Pepper Pot Soup Hearty Beef Stew Turkey Fingers / Chicken Gravy	French Onion Soup Pasta Bar London Broiled Beef	Egg Drop Soup Glazed Ham Loaf / Raisin Sauce Turkey Tetrizzini
Tuesday		<i>Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.</i>	
Navy Bean Soup Grilled Salisbury Steak / Brown Gravy Cheddar Chicken & Broccoli	Turkey Vegetables Soup Sukiyaki Baked Fish w/ Garlic Butter		

Do You Miss Your Family?

Chaplain O' Bannon
NSF Chapel of Faith



Do you miss your family? Do you wish that your friends were on the island with you? I'm guessing that your answer to both questions is a definite

YES! Diego Garcia is a wonderful and beautiful place, full of natural wonders and places to explore. Yet for most of us it is missing the most important ingredient, those with whom we share close bonds. Calling home, sending e-mail, and waiting for snail mail just isn't enough to satisfy our urge to be near the ones we love.

Our families provide us with the tools that we need to survive in the world; much like the roots of a tree provides its nourishment. We don't often think of our family as our root structure, but when the separation is further than the reach of our "roots" then we begin to feel the absence of those who care.

For Christians, the church as a community of people with common purpose becomes a second sets of roots through which we receive our sustenance. Worshipping together, praying together, fellowshiping together and eating together provides us with a framework of support much like our biological family offers us. When we grow in faith, separation from the community of faith feels a lot like being separated from ones family!

One way in which the church nourishes us is through the practice of worship. The church has been worshipping for a little over 2000 years now, and the consistency and familiarity of worship is the bedrock of comfort for those in the worshipping community. Regardless of the style that one chooses to worship in, the core elements remain the same, and provide a unique identity for those who call themselves Christian.

We want to be a place where you can

find roots to help you not only survive but also grow and excel while you are on Diego Garcia. One of the ways we do this is through providing relevant and dynamic worship.

In order to meet the needs of the Christian Community, the church has adapted styles of worship while keeping the basic formula of worship intact. These various styles add not only choice but also a rich diversity within the worshipping community.

Chapel in the Palms currently offers three services on Sunday morning; Catholic Mass (0800), a traditional Protestant service (0900), and contemporary Protestant worship (1030).

If you haven't been to the Chapel in the Palms lately, come by for a visit! We would like to share with you the many opportunities and services that we provide!

Grace and Peace, Chaplain O'Bannon

Diego Garcia Island Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Confession/Rosary/Novena
Saturday 7 p.m.
Sunday 7:30 a.m.

Catholic Mass
Saturday 7:30 p.m.
Sunday 8 a.m.
Monday-Friday 11:30 a.m.

Choir Rehearsal
Thursday 7 p.m.

Note: Confession is also done by appointment.

ISLAMIC **Jum'ha**

Daily 7:30 p.m.

CHURCH OF CHRIST
Sunday Worship
10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Traditional Protestant Worship

Sunday 9 a.m.
Sunday Bible Study
9:30 a.m.

Contemporary Protestant Worship
Sunday 10:30 a.m.

Gospel Service
Sunday 1:30 p.m.

Bible Study
Tuesday 7 p.m.
Bible Study
Wednesday 7 p.m.

Iglesia ni Cristo

English Worship Service
Thursday 5 a.m.
Tagalog Worship Service
8 p.m.
English Worship Service
Saturday 8 p.m.

Camp Justice Chapel 370-4959

Bible Study
Tuesday and Thursday 7 p.m.
Chapel Movie Night
Monday 7 p.m.

General Protestant Service
Sunday 9 a.m.
Fellowship Time
Sunday 10 a.m.

CHURCH OF JESUS CHRIST **OF LATTER-DAY SAINTS**

Sunday Worship
1 p.m.

Hindu Temple

Seabreeze Village
Fellowship Service
Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
5:45 p.m.
Theological Formation
Weekdays 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Evening Mass
Weekdays 6 p.m.
Saturday Mass
5:30 a.m. and 7 p.m.
Sunday Mass
8 a.m. and 7 p.m.
Friday Bible Study
7 p.m.

***Confession After Mass**
Palmsville Village Mass
Every First Friday 7:30 p.m.
Prayer Meeting
Wednesday 8 p.m.

Christian's Den

Band Practice
Tuesday and Saturday 8 p.m.
Tagalog Bible Study
Wednesday 7 p.m.
Tagalog Fellowship
Thursday 7 p.m.
Contemporary
Christian Service
Sunday 7 p.m.

Threat Levels

By MA1(SW) Sanders
NSF Security Department

DoD assigns Threat Levels based on intelligence analysis.

Threat Levels are Low, Moderate, Significant, and High. Factors considered include: terrorist capabilities, activities, intentions, and the general security environment.

Eight local security factors to consider:

Are terrorist groups in my area? Do they attack Americans? Are they violent? How active are they? How sophisticated are they? Do they have local popular support? What is their method of operation? What are their tactics? Terrorism Warnings are issued when terrorist groups are specifically targeting US interests.

Response To Changing Threat

When the Threat Level is increased, you should review your personal

activities to reduce exposure and increase awareness. When the Threat Level is increased, comply with unit instructions and support enhanced security efforts on you installation.

How This Affects You:

You may be a victim by location: wrong place at the wrong time, they attacked a key location and you were there.

You may be a victim by association: you happened to be with their real target, maybe someone they thought was important.

You may be a victim of opportunity: they may have stumbled across you and decided you were an easy target. Don't be an easy target.

Terrorists may target important looking victims: VIP's, official cars, official recognition like salutes, official

passports, cells phones and pagers, official titles and rank.

Terrorists may attack individuals singled out by name: conceal your personal identify; for example, discarded mail, name on quarters, and unit rosters.

Terrorists may target large vulnerable groups: troop buses, bus stops, nightclubs, hotels, & barracks.

Terrorists prefer better odds of success: low risk of capture, high value & high impact targets.

Terrorists prefer softer targets: unarmed, unprotected, accessible, predictable, and complacent targets.

Terrorists prefer high value targets: important persons or things, potential to create mass terror & panic, major publicity, and potential to bargain for release of prisoners.

WHAT: **DIEGO GARCIA ASTRONOMICAL SOCIETY**

"Star Party"

WHEN: 23 Jun 2006 (FRIDAY NIGHT)

Starting: Hour prior to sunset

Ending: **When the sun rises (or when we get rained out)**

WHERE: Sunset Park – Oceanside of Seabreeze Village

ALL HANDS !

We will be setting up several telescopes for public viewing. Bring binoculars if you have them.

Weather Permitting!

If you would like to assist in setting up or have any questions, please contact Bruce Bookout or Steve Smith at 370-2026 before Friday afternoon.



Ship's Store Corner

4th Of July Sale

There will be a sale from July 3rd to July 4th. Selected items will be marked down 15 % to 50 % off regular price.

Fresh Fruit and Vegetables

Our scheduled fresh fruits and vegetables flights for this week have been cancelled due to mechanical problems with the aircraft. The flights may be in on the 24th. Sorry for any inconvenience.

Shopping Carts

Customers are authorized to use carts to transport groceries from the Ship's Store to place of residence. We would greatly appreciate that you return them to the store.

Entertainment this Week

MWR Presents:

“Moments Band”

Friday, June 23, Island Room, 8 p.m. - 1 a.m.

AOC Band

Friday and Saturday, June 23 & 24, Jakes Place, 8 p.m.

“DJ J. M. (80’s)”

Friday, June 23, Camp Justice, 8 p.m. - 1 a.m.

“Moments Band”

Saturday, June 24, Camp Justice, 8 p.m. - 1 a.m.

MWR events this Week

Saturday, June 23

Xterra

Show Time: 8 a.m.

Start Time: 8:30 a.m.

Sunday, June 25

MWR Sailing Regatta

Marina

12:30 p.m. - 3 p.m.

Tuesday, June 27

Domino Tournament

Island

6 p.m.

Main Outdoor Theater

Friday at 8 p.m. -	Freedomland
Friday at 10 p.m. -	Running Scared
Saturday at 8 p.m. -	Running Scared
Saturday at 10 p.m. -	Eight Below
Sunday at 8 p.m. -	Eight Below
Monday at 8 p.m. -	Lords of Dogtown
Tuesday at 8 p.m. -	Ice Age 2: Meltdown
Wednesday at 8 p.m. -	Ultraviolet
Thursday at 8 p.m. -	Something New

Officers Club

Tuesday at 7:30 p.m. -	The Producers
Thursday at 7:30 p.m. -	Lords of Dogtown

CPO Club

Saturday at 7 p.m. -	The Life Aquatic
Saturday at 9 p.m. -	Devil's Advocate
Tuesday at 7:30 p.m. -	Something New
Wednesday at 7:30 p.m. -	Big Momma's House 2
Thursday at 7:30 p.m. -	The Producers

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.
*Note: Movies are subject to change!

Liberty Center

Friday at 7 p.m. -	Duplex
Saturday at 7 p.m. -	Chronicles of Narnia
Sunday at 7 p.m. -	Devil's Advocate
Monday at 7 p.m. -	The New World
Tuesday at 7 p.m. -	The Lizzie McGuire Movie
Wednesday at 7 p.m. -	Something New
Thursday at 7 p.m. -	Big Momma's House 2

NBA

Miami Heat are the 2006 NBA Champions



Various Sports

All games are subject to change.
For more information log on to:
www.myafn.net.

MLB (June 23 & 24)

Cardinals at Tigers (Live) Friday 4 p.m. AFN SPORTS
Athletics at Giants (Live) Friday 7 p.m. AFN SPORTS
Reds at Indians (Taped) Saturday 12 a.m. AFN SPORTS
Nationals at Orioles (Taped) Saturday 4 a.m. AFN SPORTS

NASCAR (June 19)

Busch Series

AT&T 250(Live) Sunday 6:30 a.m. AFN XTRA

Craftsman Truck Series

Toyota Tundra 200 (Taped) Sunday 1 p.m. AFN XTRA

Communicating as a couple (Part 2 of 2)

By LT. Marlo Narro
Fleet and Family Support Office

Last week we reviewed some general communication skills for couples. This week we will review what you can do when communication breaks down or arguments take the place of good communication. Here are a few things to consider when communication breaks down. Take a break if needed. Take a break of about 15 minutes if your conversation becomes so overheated that either or both of you are on the verge of saying things you'll regret. You might go for a walk or just spend a few minutes apart before you tackle the subject again.

Helpful things to say when you're having trouble communicating. Sometimes making a few small changes in what you say can make a big difference in how well you communicate as a couple. Here are some ideas using "I" statements:

Instead of saying: "You never call when we're home or call too late." Try: "I'd like you to call when you know we will be home, or let me know when you are going to call so I can adjust my schedule." Instead of saying: "How many times do I have to ask you to pay the phone bill?" Try: "I'm very concerned that if we do not pay the phone bill our service will be cut off and we will not be able to communicate." Instead of saying: "Why did you buy a DVD player without telling me first?" Try: "When you buy expensive things without consulting me, I feel that my opinion doesn't matter to you." Instead of saying: "You're not making any sense." Try: "I don't understand what you mean. Are you saying that..."

When your partner won't communicate, you may want to take some additional steps if your partner frequently won't open up or seems to

tune you out when you try to communicate.

Avoid making assumptions. At times you may think your partner doesn't want to talk because she's angry or upset with you. But she may be angry or upset about something else, such as an incident at work, or her actions may have a different cause altogether. You may be able to ease the situation by making a comment about what you've observed, such as, "I noticed that you've been quiet over the past couple of days. I've wondered if something is bothering you."

Think about the history of your relationship. At first, many couples enjoy spending a lot of time saying little or nothing - it's enough to hold hands, gaze into each other's eyes, or listen to music together. But the needs of one or both members may change. If this has happened, it's important to say so. Otherwise, your partner may think the old pattern is still working. Explain how your needs have changed and what you would like your partner to do now - for example, that you'd like her to say, "I love you" or that you'd like to have fifteen minutes of private conversation with her every day.

Consider your partner's family background. In some families, serious conversations turn into major arguments quickly. If your partner comes from this kind of family, she may worry that you'll become very angry or even walk out if she speaks honestly - especially if one of her parents often acted in this way. You can help by setting a good example. Stay calm and reassure her that you love her even when you disagree. If a discussion turns into an argument, give her an extra hug or show your

affection in another way afterward. Or your partner may come from a family in which people show their feelings through actions, such as giving gifts, instead of words. If so, you may need to explain that although you appreciate all the things she does for you, words are important to you, too. Remember that some people find it hard to open up because they are afraid of rejection.

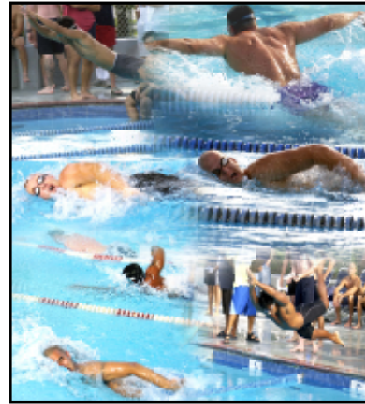
Think about a time when it was difficult for you to bring up a new idea at work or to say what you thought at a meeting. Even if you liked and respected your manager and co-workers a lot, you may have wondered what they would think if you expressed your views honestly. Your partner may sometimes have a similar reaction when you try to get her to open up. You can help by making an effort to really listen and not make judgments about what she says, especially if children or others might overhear. Make a habit of always showing respect for what she says even if you disagree. If your partner still won't open up, and this is affecting your relationship, you may want to look into couples counseling. A therapist or other counselor may be able to show you new ways of communicating that will make it easier for both of you to express your feelings honestly. Some couples need only a few sessions to begin seeing improvements in how they relate to each other. Establishing good communication can take a lot of patience and hard work. Try not to get upset if you or your partner slips back into old habits. The important thing is making a commitment to changing the way you communicate and working toward this goal.

Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Coxswain

A coxswain or cockswain was at first the swain (boy servant) in charge of the small cock or cockboat that was kept aboard for the ship's captain and which was used to row him to and from the ship. The term has been in use in England dating back to at least 1463. With the passing of time the coxswain became the helmsman of any boat, regardless of size.



During the four person freestyle swim held at the Base Pool on Thursday, military and civilian swimmers showed off the athletic abilities swimming two laps per person with four people teams in this event.

Photo by LISN Chris Joy

Want to share your favorite photo or two with the Island Team? Submit your photos with some information about the photo to LISN Joy at joyc@dg.navy.mil. Photo credit will be given if published in the Tropical Times.

This Week in Naval History

Source: Naval Historical Center

June 23, 1972 - Navy helicopter squadron aids flood-stricken residents in Wilkes-Barre, Scranton, and Pittstown area of PA

June 24, 1833 - USS Constitution enters drydock at Charlestown Navy Yard, Boston, MA, for overhaul. The ship was saved from scrapping after public support rallied to save the ship following publication of Oliver Wendell Holmes' poem, "Old Ironsides."

June 25, 1917 - Navy convoy of troopships carrying American Expeditionary Forces arrives in France

June 25, 1950 - North Korea invades South Korea beginning Korean Conflict



June 26, 1959 - Twenty-eight Naval vessels sail from Atlantic to Great Lakes, marking the formal opening of Saint Lawrence Seaway to seagoing ships.

June 27, 1950 - To support U.N. call to assist South Korea, Truman authorizes U.S. naval and air operations south of 38th Parallel, Korea

June 28, 1794 - Joshua Humphreys appointed master builder to build Navy ships at an annual salary of \$2,000.

June 29, 1925 - Ships and men from 11th and 12th Naval Districts assist in relief after earthquake at Santa Barbara, CA

Tide Report June 24 - 30

	High	Low	High	Low
Saturday	12:43 a.m.	7:10 a.m.	1:26 p.m.	7:26 p.m.
Sunday	1:28 a.m.	7:51 a.m.	2:06 p.m.	8:06 p.m.
Monday	2:10 a.m.	8:29 a.m.	2:42 p.m.	8:42 p.m.
Tuesday	2:50 a.m.	9:04 a.m.	3:14 p.m.	9:16 p.m.
Wednesday	3:26 a.m.	9:36 a.m.	3:46 p.m.	9:48 p.m.
Thursday	4:02 a.m.	10:06 a.m.	4:18 p.m.	10:20 p.m.
Friday	4:35 p.m.	10:37 a.m.	4:54 p.m.	10:55 p.m.



Have you been thinking about quitting smoking?

Who: Tobacco Users

What: Tobacco Cessation Course

When: Starts March 7, 5 p.m.

Call 370-4220 to sign up, or just show up!

Where: BHC Waiting Area

Why: Health Benefits

Bonus: FREE Teeth Whitening to active duty personnel upon successful completion of the course.

WSO flies her 100th combat mission

By Tech. Sgt. Jason Smith
40 AEG Public Affairs



OPERATION ENDURING FREEDOM - She doesn't brag. She doesn't make herself stand out in a crowd. She doesn't walk through the hallways of the 40th Air Expeditionary Group with something to prove. The only things a passer-by will get are a warm greeting and a smile.

As a matter of fact, Maj. Linda Vadnais, 9th Expeditionary Bomb Squadron Weapons Systems Officer, didn't want her accomplishment written about. But when the B-1B WSO officially flew her 100th combat mission recently, the temptation to put her story on paper was overwhelming for her superiors.

Nothing about Major Vadnais' story is typical. She was born in Germany, ended up in college in America, became an Air Force flier flying with the Navy, and now has 100 combat missions under her belt. Her life has twists and turns that make it difficult to follow. Through it all, she has stayed focused and true to her belief that everything happens for a reason, and she is simply doing what she's supposed to do.

"I'm just doing my job," said Major Vadnais, with a sincerity that showed she meant it. "I hate to take attention away from Coalition forces on the ground. They're the ones doing the tough work. We're just supporting them."

Maybe the "I'm not doing anything special" mentality comes from the fact that Major Vadnais

has always wanted to fly, and it just seems natural. Her father was a Department of Defense civilian stationed in Germany, and she had the unique opportunity as a young girl to make frequent trips back and forth to the United States. During her travels, she always wanted the window seat on the airplane.

"I loved to watch everything from the window," said Major Vadnais. "I was so amazed at how it could be raining and cloudy until you got above the clouds; and then it was clear and sunny."

When she reached college age, Major Vadnais enrolled at Jacksonville State University, Alabama. After two years, she decided to transfer to the University of Alabama. The accounting major's life took a turn on her first day at her new school. "I walked into the student union and saw an Air Force captain sitting at a recruiting table," said Major Vadnais. "I said, 'I want to fly.' He said, 'That's no problem.'"

Major Vadnais remembers thinking that women weren't able to become Air Force pilots, but her conversation with the captain changed all of that. She enrolled in the 2-year Reserve Officer Training Program, graduated and had a date to start flight training. "I really wanted F-15s," said Major Vadnais. "It was the Top Gun era, and the F-15 had a nice big cockpit with a view."

During flight school, Major

Vadnais' life changed again. She had difficulties landing consistently and was offered the chance to remain a flier as a weapons systems officer in the bomber community. She took the opportunity and went to training in Pensacola, Florida.

It was in Pensacola that Major Vadnais' life changed the most. She met her future husband there; a Navy flier training to become an electronic counter measure officer. The two were married, and Major Vadnais received orders to Dyess Air Force Base, Texas, after completing her training. Her new husband was sent to Naval Air Station Whidbey Island, Washington.

Shortly after arriving at Dyess AFB, Major Vadnais found out she was pregnant. Her flying days were put on hold, and she worked as the executive officer for a squadron commander.

"We racked up a lot of frequent flier miles," said Major Vadnais on the subject of seeing her husband as much as both of their jobs allowed.

Regardless of the difficulties, the couple worked through their geographic separation. After recovering from the birth of her son, Bobby, Major Vadnais started her B-1 training. Bobby stayed with her during the training, and she said the family environment of the B-1 community helped her get through this period.

Shuffling the tasks of training on a new aircraft while raising a baby alone can't be easy, but Major Vadnais, like everything else she's done, says it's no great feat. She thanks the bomber community for support and credits organization and prioritization as the factors that make things possible.

"You work with what you have," said Major Vadnais. "I'm not going to sit around and feel sorry for myself. You have to make things happen for yourself." Major Vadnais finished her B-1 training and was sent to Mountain Home Air Force Base, Idaho. The attacks of 9-11 happened, and two weeks later, she was deployed to the 40 AEG where she was part of her first combat mission. Prior to returning home, she racked up 25 combat missions.

Major Vadnais returned from her first Operation Enduring Freedom deployment and was offered the

chance to fly the EA-6B Prowler at NAS Whidbey. She jumped on the opportunity to be with her husband. Finally, mother, father and baby were together. During her stay at NAS Whidbey, Major Vadnais deployed twice to Afghanistan where she completed 70 combat missions in the EA-6. Her husband, who also loves to fly, became a Human Resources Officer due to a severe sinus injury that disqualified him from flight status.

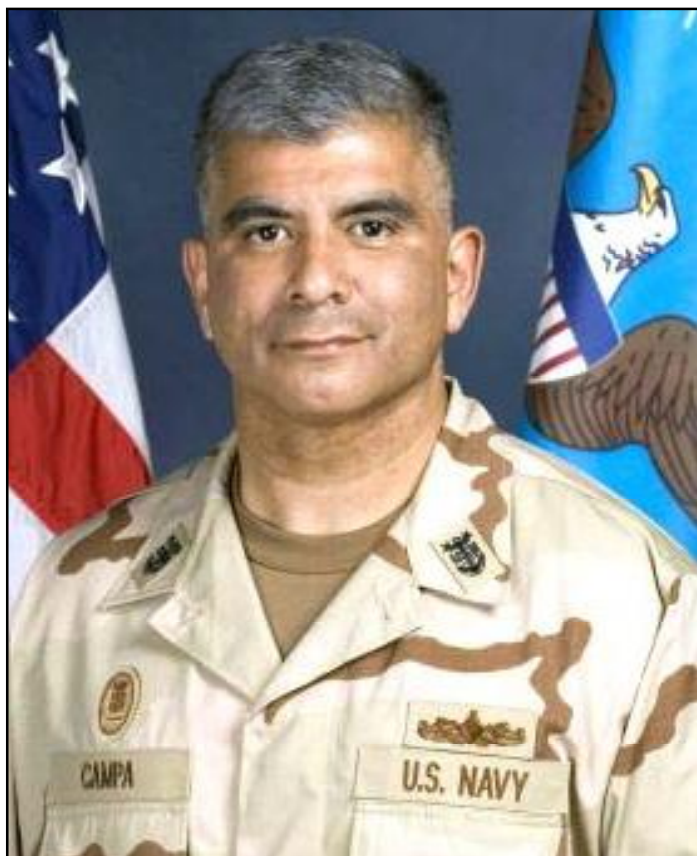
The Vadnais family also expanded while at NAS Whidbey with the birth of the major's second child, daughter, Kiara. In another twist, Major Vadnais received orders back to Dyess AFB. This time, her husband was able to get an assignment nearby with Navy Recruiting in Dallas. The family remains together except for times like now, when Major Vadnais is deployed.

Just prior to her 100th mission, Major Vadnais didn't have anything special planned. The only thing she was sure of is that she would have two small American flags in her pocket for the flight. On every combat mission she flies, Major Vadnais carries the flags. She said they were gifts from a good friend at Mountain Home AFB. She started carrying one of the flags during her first combat mission as a keepsake to give to her son someday. After the birth of her daughter, she added the second flag.

Maybe, flying runs in Major Vadnais' blood lines. Her son has already decided he wants to be a Blue Angel pilot. While Kiara isn't old enough to know for certain what her future will be, Major Vadnais said she already loves amusement park rides. She is looking forward to spending time with her family at Six Flags after she finishes this deployment.

The most noteworthy mission aspect of her whole story might be that Major Vadnais flew her first combat mission here in the B-1 in 2001. In 2006, after fate changed her life time-and-time again, Major Vadnais flew her 100th combat mission from here in the B-1. The world has come full circle for Major Vadnais. There is no telling what other accomplishments, which she won't talk about, she will achieve in the next five years.

Campa Selected to be Next MCPON



WASHINGTON (NNS) — Chief of Naval Operations Adm. Mike Mullen announced June 16 that he has selected Master Chief Petty Officer (SW/FMF) Joe Campa to succeed Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry D. Scott.

Campa currently serves as the Command Master Chief for Joint Task Force Guantanamo Bay, Cuba.

“Master Chief Campa follows a legacy of tremendous service by MCPON Terry Scott,” said Mullen. “Master Chief Campa has the Fleet and Fleet Marine Force experience to represent our Sailors not only standing watch at sea and ashore, but also serving in non-traditional missions across the globe. I

am looking forward to working with him as we continue to address the important issues facing our Sailors and their families.”

A native of Lynwood, Calif., Campa enlisted in the Navy June 2, 1980, and completed Recruit Training and Hospital Corps “A” School in San Diego.

His duty assignments include service aboard the San Diego-based USS Ogden (LPD 5); Naval Medical Center, San Diego; 7th Marine Regiment, 1st Marine Division, Camp Pendleton, Calif.; Naval Hospital Long Beach, Calif.; 3rd Force Service Support Group, Fleet Marine Force, Okinawa, Japan; Naval Hospital Bremerton, Wash.; 1st Force Service Support Group during

the Persian Gulf War; USS Comstock (LSD 45), based in San Diego; and Naval Training Center Great Lakes, Ill.

Campa was selected to the Command Master Chief (CMC) program in May 1999. His first CMC tour was aboard USS Curtis Wilbur (DDG 54) in Yokosuka, Japan. During his tour, the ship deployed to the North Arabian Sea in support of Operation Enduring Freedom.

He subsequently served as the command master chief of Guam-based USS Frank Cable (AS 40).

Campa is a distinguished honor graduate of the U.S. Navy Senior Enlisted Academy, a graduate of the U.S. Army Sergeants Major Academy and has completed the Army Command Sergeants Major course, and has a Bachelor of Science Degree from Excelsior College.

In March, he graduated from the Naval War College with a Master of Arts degree in National Security and Strategic Studies.

“The greatest thing about the Navy is that it gives everyone who enlists to serve our country a chance,” said Campa after learning of his selection. “No matter where we come from before we put on the uniform, our Navy gives us all the same chance for success. I am proud to serve in an organization that gives us all opportunities for world-class, state-of-the-art training, an education, help with a direction in life, and service with honor.

“Because of the chance the Navy gives us all to succeed, we’re only limited by our individual willingness to work hard and our own desires,” he added. “I am eternally grateful

for the opportunity the Navy gave to me when I first raised my right hand, and how the Navy continued to provide opportunities for success and growth, personally and professionally, throughout my career.

“There is no way I would be in this position without the help of my shipmates and my friends, and my family. I am humbled beyond words for the opportunity and responsibility I now have been given to serve in this role as MCPON, and I am determined to make sure our Navy continues to offer such opportunities to the best people our country has to offer,” Campa said. “To me, that is the best way I can repay in some small way the help, encouragement and faith all the people who have touched my life have given me.”

As the Navy’s senior enlisted sailor, the MCPON serves as an advisor to the Chief of Naval Operations and to the Chief of Naval Personnel in matters dealing with enlisted personnel and their families.

The MCPON also is an advisor to the many boards dealing with enlisted personnel issues; is the enlisted representative of the Department of the Navy at special events; may be called upon to testify on enlisted personnel issues before Congress; and maintains a liaison with enlisted spouse organizations.

The change of office ceremony is scheduled for July 10 at the Washington Navy Yard.

Combined Dining Facility presented Three Star Awards by CNFJ

During the Change of Command week (June 12 – 16, 2006), the Combined Dining Facility was treated to a visit by RADM James Kelly, Commander, U.S. Naval Forces, Japan. During his visit, he presented the COMPACFLT FY-06 Three Star Award for Excellence in Ashore General Mess and a congratulatory letter to Commanding Officer, U.S. Naval Support Facility, Diego Garcia, and to the General Mess personnel.

Each year, shore galleys are evaluated and awarded accreditation based on the result of a 1-day accreditation review.

The Five-Star Accreditation Program recognizes those galleys that, based on customer expectations, exceed the minimum standards for food service. Galleys receiving three-, four- and five star

accreditations provide their patrons with levels of service beyond the required minimums.

Three-star galley operations provide a well-balanced meal in a clean, well-maintained dining facility. Service is timely, friendly and competent. Equipment and procedures are in place to ensure sanitation and safety standards are maintained.

Four-star galley provide all the attributes of the three-star level while showing noticeable enhancements in the overall dining operation.

Five-star galleys are the ultimate in general mess food service. The dining facility is equal to or better than those provided by a quality commercial restaurant. The food service staff is extremely knowledgeable and professional, providing exceptional service to all galley patrons.

This year, a representative from Regional Commander is scheduled to arrive the week of 10 July 2006 to conduct the FY-07 Five-star accreditation. On the day of the evaluation, he will randomly select 25 galley patrons to complete a Customer Satisfaction and Feedback Survey. He will select a wide spectrum of diners by rank and pay grade. If you are selected, please take a few moments to complete the survey.

This week, our galley staff started handing out the survey for everyone to get familiar with it. We appreciate your time in completing the survey and please use it to help us serve you better! Thank you.



DEPARTMENT OF THE NAVY
COMANDANTU S. NAVAL FORCES, JAPAN
POC: AFJ0613
POC: AFJ0613

4061
Ser NO0/38354
1 Dec 05

From: Commander, U.S. Naval Forces, Japan
To: Commanding Officer, U.S. Naval Support Facility,
Diego Garcia

Subj: CAPTAIN EDWARD F. NEY THREE-STAR ACCREDITATION

1. Congratulations to you and your food service professionals at Naval Support Facility Diego Garcia general mess for achieving Three-Star Accreditation in the Captain Edward F. Ney Memorial Awards Program.
2. The Ney Accreditation Program encourages the food service team to focus on continuous and sustained commitment to quality service and quality of work. By attaining three-star accreditation your food service team meets and exceeds food service standards in all areas of food service operations, including customer service, management, safety and sanitation.
3. It is a pleasure and honor to recognize achievements in excellence for attaining a level of service that validates commitment to the Sailors dining at Diego Garcia general mess. You and your team richly deserve the recognition that this program represents.

It was great to see it in person - thanks for trying to make me feel!! You are the Best!!
J. B. Kelly
RADM USN



Survey

Naval Media Center Det Diego Garcia: TV & Radio Survey 2006

To bring you the best mix of information and entertainment NMC Det DG created this survey to find out how we can serve you better. Please take the time to answer these questions to help us meet our goal of providing you the best possible products. Thank You.

Print this page, circle/write the appropriate response, and bring to NMC Det DG, or the Post Office.

SEX: Female Male

AGE: 18-24 25-30 31-40 40+

STATUS: (Navy, Civilian, Merchant, etc.)

RANK-PAYGRADE: _____

WHERE DO YOU WORK?

LISTEN TO LOCAL RADIO OFTEN? Yes No

IF YES, WHICH STATION? 99.1 101.9 AM1485

WHY THIS STATION? _____

IF NO, WHY NOT?

- a) Poor Reception b) Do Not Listen to Radio
c) Didn't know d) Other (explain below):

WHEN ARE YOU MOST LIKELY TO LISTEN TO THE RADIO?

Weekdays Weekends

Mornings Lunchtime Afternoons Evenings

WHY DO YOU LISTEN?

Music Local News World News Other: _____

WHERE ARE YOU WHEN YOU LISTEN? Work Home Gym

Other: _____

WHAT ARE YOUR FAVORITE TYPES OF MUSIC?

DO YOU WATCH TV OFTEN? Yes No

IF YES, WHICH CHANNELS? _____

WHY THESE STATIONS? _____

IF NO, WHY NOT? _____

WHEN ARE YOU MOST LIKELY TO WATCH TV?

Weekdays Weekends

Mornings Lunchtime Afternoons Evenings

WHERE ARE YOU MOST LIKELY TO WATCH?

Work Home Club Other: _____

WHAT TYPE OF TV PROGRAMMING WOULD YOU LIKE
TO SEE MORE OF ON DIEGO GARCIA?

WHAT TYPE OF TV PROGRAMMING WOULD YOU LIKE
TO SEE LESS OF ON DIEGO GARCIA?

PLEASE USE THE BELOW SPACE TO ADD ANY
ADDITIONAL COMMENTS OR QUESTIONS: